



The Burn Support Group Spring Newsletter

www.burns.org.nz

September 2021

Burn Survivor Men's Day Out 16th October 2021



- Seasprite Charter – Rods, bait etc supplied
- BBQ and swim
- Depart 7am from Westhaven Marina Pier Z11
- Return to port 3pm

UPCOMING EVENT !



Hello BSG Community

Firstly, I hope everyone is doing well, and is happy, healthy, and safe. As I write this, we find ourselves again in a challenging time going through another extended Level 4 Lockdown. It has been great to hear conversations in the media about the importance of self-care and reaching out to your support network from a distance during these difficult times. I will admit I, myself, can find these lockdowns very difficult, but it's communities like the Burn Support Group, and my family and friends that I know are there to help me get through. I as well, make sure they know they can lean on me.

In saying that, I want all our readers to know that the Burns Support Group is also there as a network for you to lean on when/if you need to. We are so fortunate to have a group made up of a terrific network of individuals who care, so please don't be afraid to reach out to this community in any way possible. If you aren't sure how to then please connect with us directly and we will be there in any way we can. Also, remember to communicate with those you care about, just in case they are struggling too. If you are having a good day, be sure to reach out to your loved ones and share your joy. But if you are having a rough one be sure to reach out to them as well, so they can hopefully share their joy with you.

Unfortunately, with lockdowns come an increase in burns incidents, therefore anything we can do to help educate and prevent accidents during this time is vitally important. If you want to,

encourage friends and family during this time stuck at home to check fire alarm batteries, recommended water heater temperature and practice burns safety. You can also refer to our website for other recommendations in burn prevention and safety to share with loved ones. I'm looking forward to being able to see you all face to face once again when it is appropriate to do so. In the meantime, let's all do our part to keep ourselves and our community safe. **Kind Regards, Nick Nielson**

MERCHANTS
LIQUOR



Cross
fire

PSL
FIRE & SAFETY
TRUSTED SINCE 1913

Vauxhall Primary School visit

Many thanks to Vauxhall Primary School, Devonport who invited the Burn Support Group to give an informal educational discussion on hazards that can be found in the home. With amazing assistance from teachers Mrs B.K, Mrs Figgins and Mrs Davis a class of 47 discussed the importance of, "What to do when you receive a burn."

It is always a pleasure to discover safety precautions have been discussed in the family home and young children know and accept what is to be done particularly in the case of fire or burns.

It was a pleasure to share this time in the classroom and applaud the teachers for their dedication and support in this matter. Resource packs and certificates were given to encourage a follow up with parents at home.

Saving any one incident is a win! Remember water is your best friend. Burn Support Group would like to thank Amy and Moles Powles, their lovely young daughter, Emmy, received burns at a young age, very bravely and cautiously Emmy shared her experience with the class. Thank you Emmy, this was very courageous and will help others to understand and perhaps react differently when seeing differences!



Thank you to One Up REHAB and Vaughan Feistt



Burn Support Group would like to extend a sincere thank you to the wonderful, informative and interesting guest speakers that attended this event. Beginning with Ben and Koal from One Up Rehab, these guys share their passion and knowledge on what can only be described as a positive new product to the market. Since meeting with the lads at Women's Retreat they have made numerous contacts who are as impressed as we have been with results.

Following a lovely lunch supplied by the team at BBYC we were captivated by research fellow, Vaughan Feistt. With a wealth of knowledge and incredible hard work behind the scenes, Vaughan has been researching skin at Auckland University, the discoveries will be instrumental for the burn survivors in the future.

Thank you to all those that attended, it is always a pleasure to catch up with the familiar faces and see the warm and welcoming embrace to newcomers.

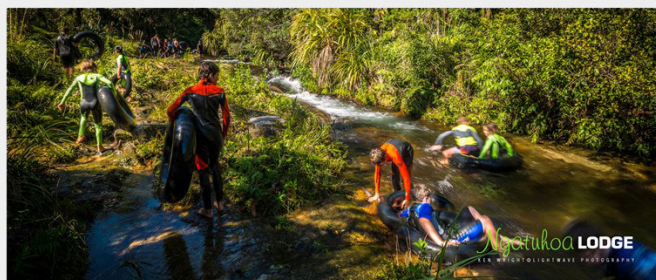
Probus Club of Pukekohe Ladies, 03 August 2021

Thank you to the wonderful Pukekohe Probus Group who gave Belinda and myself (Michele), a very warm and genuine welcome this morning.

To our surprise there was a group of approximately. 60 lovely ladies, who sat in awe as Belinda shared her burn journey and her busy life. Everyone was interested and involved with a Q and A session regarding Belinda and her experiences along with the wonderful work the Charity provides to the burn community.

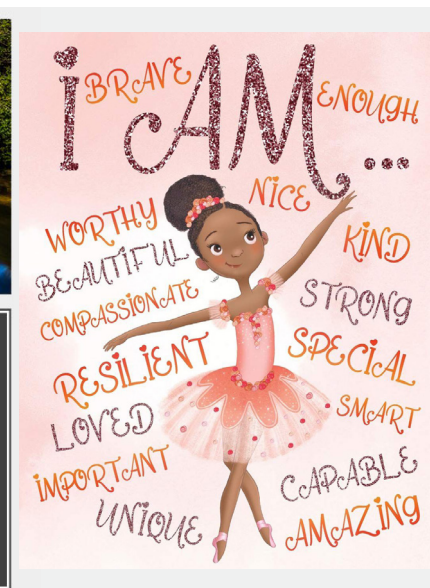
A very big thank you to Maureen Stone for inviting us along to chat with this wonderful group of ladies. Burn Support Group would also like to extend our appreciation to Belinda McKenzie for sharing her courageous story as a burn survivor. Belinda shared her strong, passionate and brave self frankly and honestly even though she was feeling under the weather.





CHILDREN'S CAMP
14th – 18th JANUARY 2022
Ngatuhua Lodge
Kaimai Mamaku Forest Park

CAMP AWHI APPLICATIONS ARE NOW DUE FOR 2022
Forms can be found on the website or contact the office



Camp Sponsorship

Camp Awhi is a unique experience offered to young burn survivors throughout N.Z, providing 5 days in a secure environment to nurture and raise self esteem, promoting a positive attitude while encouraging a healthy independence. Camp is an opportunity to meet other similarly affected children and adults, who provide the inspiration and encouragement necessary to go on to live a happy, fulfilling and productive life, despite sometimes very severe disfigurement. Camp ensures those attending will enjoy a very special experience which is invariably the highlight of the year for many.

JAN AND KARL BRANNIGAN, have very kindly and generously provided sponsorship for a number of years for one lucky recipient to attend this adventure. 2022 being no exception! Sponsoring a burn injured child to camp provides an opportunity to build lifelong friends, the understanding that they are not ALONE in their individual journey, raises the awareness of the capabilities they are able to do while partaking in the many fun activities that are on offer..

B.S.G. wish to express their extreme appreciation of the ongoing relationship with the Brannigan's. The Camp has had the privilege of Jan and Karl attending and look forward to their participation next year.

IF YOU FEEL SPONSORING A CHILD TO ANNUAL CAMP AWHI IS AN EXPRESSION OF INTEREST FOR YOU, the Charity would be more than happy to discuss further the benefits and invaluable opportunities you will be providing....

Contact: michele@burns.org.nz
Tel: 021963670



Leave a Lasting Legacy

Bequests are a way of supporting people and causes you care about after you're gone and regardless of how big or small, your bequest will make a big difference. The Burn Support Charitable Trust is grateful to receive and acknowledge all those who give their time and money through donations, telephone campaigns, raffles and more. If leaving a bequest is something you would like to consider helping us with our work, then please contact me michele@burns.org.nz We can have a chat about different kinds of bequests and if you have any areas, you would specifically like to support.

Bequests make a huge difference. If you would like to leave a bequest or just know a little more about them, we look forward to hearing from you.....

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Emma's Helpful Hints

Being home during lockdown has been a really good opportunity to reflect on how easy and important it is to make sure our homes are fire safe. With having more devices plugged in, often we end up overloading multi-plug boards which can start fires. It is also important to check you have working smoke alarms and an escape plan – just as you would have fire alarm systems and evacuation procedures in work places and schools!



Introducing Dr Julian Lofts - Board Member

I am very honoured to become a part of the Burn Support Group community and to serve on the Board.

When I was 12 years old I read the biography of Sir Archibald McIndoe by Leonard Mosley. It was titled, "Faces from the Fire", and told the story of a famous NZ plastic surgeon who treated many of the burned RAF airmen who fought in the Battle of Britain. His achievements inspired me to become a plastic surgeon.

Part way through my training I did two years of research at the Auckland Medical School in keratinocyte (skin) culture and cryopreserved skin banking. I was able to use these techniques to treat severely burned patients and patients with leg ulcers. The Burn Support Group, under Delwyn's capable direction, raised over \$30,000 to fund the purchase of a controlled temperature freezer to store skin grafts.

I then spent two years overseas training to be a burns surgeon. I worked at Queen Mary's Hospital in Roehampton, London, where renowned NZ plastic surgeon Sir Harold Gillies had set up the unit in 1925.

I had been awarded a Travelling Fellowship by the Royal Australasian College of Surgeons and so I visited burns centres in the UK, Holland, Boston and Seattle, before returning to NZ in 1994.

I have worked as a plastic and reconstructive surgeon in private practice since then and have a particular interest in scar revision.

After attending Alan Breslau's moving funeral service late 2020 I established the Alan and Delwyn Breslau Scholarship Fund, under the auspices of the Burn Support Group, to enable burn survivors and medical personnel to attend burn meetings and to further research and education. For me it was the most appropriate way to pay forward the generosity of the Burn Support Group when they supported my research project in the 1990's.

On a personal level, I have two delightful grandchildren, I enjoy listening to jazz trumpet music, doing anagrams and watching foreign films on Netflix with my partner, Nirmala. I look forward to learning more about the NZ burn support community and I thank fellow board members for their support and encouragement.

